FULTON COUNTY NEWS. U. S. HEALTH SERVICE Published Every Thursday.

B. W. PECK, Editor and Proprietor

DECEMBER 26, 1918

Published Weekly. \$1.50 per

McCONNELLSBURG, PA.

Annum in Advance. Estered at the Postoffice at McConnsliaburg Pa., as second-class mail matter.

lousework is a Burden.

Woman's lot is a weary one at best. But with backache and other distressing kidney ills life indeed becomes a burden Doan's Kidney Pills have made life brighter for many McCoenells burg women. Read what Mrs Lucinda Clevenger, McConnells burg, says: "My back ached bad y and I couldn't do my house work. I had dzzy spells and chills and was annoyed by bladder complaint. Often swellings appeared under my eyes, I was nervous and was troubled by rheumatic twinges. I bought Doan's Kidney Pills at Trout's Drug Store and they removed all signs of the trouble."

Price 60c, at all dealers. Don't simply ask for a kidney remedy -get Doan's Kidney Pills-the same that Mrs. Clevenger had Foster-Milburn Co, Mfgrs. Buffalo, N. Y. Advertisement.

SUGAR TO AID TUBERCULOUS

Results of Experiments Made by Ital Ian Physician Said to Be of the Highest Importance.

The tuberculosis cure upon which Professor Monaco of Rome has been working depends upon the novel plan of creating an impossible environment for the tubercle bacillus, instead of destroying the organism directly. The studies began more than a decade ago, when small hypodermic injections of sugar solution increased the secretion of milk in goats, but large injections diminished the secretion, the composition of the milk being unaffected. Since then it has been shown that sugar has a like influence on such secretions as saliva, bile, gastric juice and pancreatic juice. An explanation being sought, a marked expansion or contraction of the blood vessels has been found to correspond with small or large amounts of sugar injected, and action in stopping hemorrhages and on the gland system has been shown. The experiments suggested that sugar might affect the bronchial secretions of tuberculosis. In the early tests on tuberculous soldiers, marked improvement has followed, and cough, night sweats and fever have ceased. It is assumed that stopping the bronchial secretion by the sugar injections has taken away the medium essential to the life of the bacillus, thus eliminating the cause of dis-

BEST OF

Are you good friends of the Brown's? of their canary. away on their va-



DELVE INTO FIREFLY'S LIGHT

Scientists in a Fair Way to Solve Mystery Attaching to the "Fairy Lamplighter."

Just what the secret of the firefly's light is the scientists have not as yet discovered. Three necessary factors have been found-water, oxygen and a photogenic or lightproducing substance; but a fourth is probably involved which has thus far defied all research. The children say it is the fairy lamplighter whose wand lights the little lamps that add so much to the beauty of a summer's night. However, a method has been evolved of extracting and drying the light-producing organs of the firefly without impairing the power of the substance to phosphor-

The dried material may be extracted with water-free solvents. It is ground up into a powder, and water containing oxygen is added, which gives the golden glow without the assistance of either the firefly's will of the fairy's wand.

WAR THOUGHTS.

"Uncle John," said a young soldier to an old Confederate veteran selves.-Franklin. in a Southern city, "what do you think of the war by now?"

"Well, son," said the old man, "you see, I ain't been readin' much keep and companies are known by the late, but I'm still of the same him I always was. I don't think ee had ought to have ever

ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

nfluenza Expected to Lurk for Months. How to Guard Against Pneumonia. Common Colds Highly Catching-Importance of Suitable Clothing-Could Save 100,000 Lives.

Washington, D. C .- With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert Blue, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

"The present epidemic," said Surgeon General Blue, "has taught by bitter experience how readily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against." The Surgeon General likened the present situation to that after a great fire, saying, "No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers,"

"Then you fear another outbreak of influenza?" he was asked. "Not necessarily another large epidemic," said the Surgeon General, "but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases.

Common Colds Highly Catching.

"It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ laden mucus. Such droplets are sprayed into the air when careless or Ignorant people cough or sneeze without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very

Suitable Clothing Important.

"Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice.

Could Save 100,000 Lives.

"I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it-no specific medicine, no vaccine. The important thing is right living, good food and plenty of

Droplet Infection Explained in Pictures,

"The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education. A few years ago, under similar circumstances, the health authorities would have issued an official dry but scientifically accurate bulletin teaching the role of droplet infection in the spread of respiratory diseases. The only ones who would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toil for their living would have had no time and no desire to wade through the technical phrase-



COLDS, INFLUENZA, PNEUMONIA, AND TUBERCULOSIS ARE SPREAD THIS WAY

Copies of this poster can be obtained free of charge by writing to the Eurgeon General, U. S. Public Health Lervice, Washington, D. C.

Work for Better Times. To what signifies wishing and hop ing for better times? We may make these times better, if we bestir our-

Spasmodic Sermon. Men are known by the company they men they keep.

Optimistic Thought. It is a sure indication of good sense be diffident of it.

ADVICE TO "FLU" **CONVALESCENTS**

SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

J. S. Public Health Service Warns Public Against Tuberculosis. One Million Cases Tuberculosis in United States-Each a Source of Danger.

nfluenza Convalescents Should Have Lungs Examined-Colds Which Hang On Often Beginning of Tuberculosis. No Cause for Alarm If Tuberculosis Is Recognized Early-Patent Medicines Not to Be Trusted.

*********** Beware tuberculosis after influenza. No need to worry if *

you take precautions in time, Don't diagnose your own con- * dition. Have your doctor examine your lungs several times at * monthly intervals. Build up your * strength with right living, good * food and plenty of fresh air.

Don't waste money on patent * medicines advertised to cure tuberculosis.

Become a fresh-air crank and enjoy life.

Washington, D. C. (Special.)-According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevatence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsholme, the chief medical officer of the English public health service, in his analysis of the tuberculosis death rate in England,

In order that the people of the United States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time. "Experience seems to indicate," says the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiarly susceptible to tuberculosis. With millions of its people recently affected with influenza this country now offers conditions favoring the spread of tuberculosis."

One Million Consumptives in the United States.

"Then you consider this a serious menace?" was asked. "In my opinion It is, though I hasten to add it is distinctly one against which the people can guard. So far as one can estimate there are at present about one million cases of tuberculosis in the United States. There is unfortunately no actly the number of tuberculous persons in each state despite the fact that most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

What to Do. In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. -In fact, it is desirable to have several examinations made a month apart. Such examinations cannot be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberculosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

Danger Signs.

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which

hang on." These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on or your health and strength decline, remember that these are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages. Patent Medicines Dangerous in Tuber-

culosis. "Above all do not trust in the misleading statements of unscrupulous patent medicine fakers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

"And now, since you have come out and asked us, Clara," said the indolent and youthful editor, "we may as well confess that our idea of a strenuous job is taming wild honey."

Misconstrued Silence. "He who says nothing is never misquoted," remarks a philosopher. No. but sometimes his wife accuses him of sitting there thinking things.-Boston | Rasins

Indian Superstition,

A student of Indian customs relates that among the Seneca tribes was one remarkable for its beauty. When a maiden died the Indians imprisoned a young bird until it first began to try its powers of song, and then londing it with messages and caresses they loosed its bonds over her grave in the belief that it would not fold its wings nor close its eyes until it had flown to the spirit land and delivered its burden of affection.

Accuracy Better Than Speed.

People who go in for speed records for speed without accuracy is of no avail. True, time is at a premium in minute unnecessarily. But if we aren't | tients to New York. sure about any phase of our work we must take sufficient time to go into it where we can possibly help ourselves.

Monument to Genius. Amid the ruins of the capitol at Rome, on October 15, 1764, Edward at present. Gibbon formed the resolve to write

'The Decline and Fall of the Roman Empire," and on the night of June 27, 1787, nearly twenty-three years later, erybody come. in the summerhouse of his garden, the last word was written, but in those enduring monument to his own genius.

Explanation of Snow Line.

The snow line is the estimated altitude, in all countries, where snow would be formed. Even at the equator, at an altitude of from 11,000 to 12,000 feet above the level of the sea, snow is found upon the mountain tops, and lies there perpetually. Proceeding north or south from the equator, the snow line, of course, lessens in alti-

Sardine Oil.

A new industry has lately become established on the west coast of southern India for the manufacture from the sardine of fish oil and guano, according to report. Previously sardines in many thousands of tons had been dried whole on the beach for manure, but by this wasteful process all the oil was lost.

Korean Women.

In Korea women occupy a place In society which has no parallel elsewhere in the Orient. They are both better and worse off than in China or India or Japan-better off because there are more fields open to them, worse because they are overworked, often ill-treated, and until recently were actually enslaved.

Pretty Compliment. Willie had as a neighbor a larger

boy named Robert, of whom he was fond. He would watch for Robert's return from school, as he knew he would play with him and amuse him. One day he was asked why he liked Robert so well and he said, "Robert is just like a papa to me."

Out at the old country church the mule and buggy has been knocked higher than a kite by the automobile because automobiles don't break loose like the mule did, nor do they gnaw the shade trees in the churchyard .-Commerce News,

What of the H. C. of L.? You cannot play with dollars unless

you are an idiot. No dollars can put into your mind any thought worth while that was not there before, and good thoughts are the real wealth .-Washington Times.

Beyond Power of Law.

To stop a woman's tongue is beyoud the power of the law. A man asked a Belfast magistrate for a summons the other day to stop his wife's tongue, as she talked too much. He was told that the law could offer him no relief.

The Difference.

"Of course, it seems funny," said the facetious observer's wife. "But the evening gown is for the woman who stays up most all night, and the nightgown is for the one who goes to bed about mine o'clock."

It is possible for a fellow to kick up a lot of dust on the highway of life without making very good time.

We have yet to read of a female spy who is not also a beautiful society

Beans.

Beans

Bread

Butter

Corn A

Corn S

Eggs Flour,

Flour,

Flour,

Hams.

Lard.

Oats, 1

Rice.

Sugar

Buckw

DUBLIN MILLS.

Lorraine Madden is all smile : It's a Farmerette.

Mr. and Mrs David Knepper made a business trip to McCon neils burg recently, and called on Mr. Knepper's sister Mrs. Amanda U.ger.

A number of our young peop'e attended the farmer's institute at Hustontown.

Mrs. Waiter Horton of News York spent a coup'e days visit are not as wise as they think they are, ing her cousin Mrs. Wm. Knep per Mrs. Horton is a post grad every line these days and we should uate nurse and has been spendnot under any circumstances waste a ling much time nursing "fla" pa

Miss Ruth Hess, who had and not rely on chance to help us spent a few days at Petersburg, has returned to her home at this

We are having plenty of rain

There will be Sunday Scho-l 9:30 at Center next Sunday. Ev-

Martin Grissinger is employed laborious years Gibbon had built an at the Mountain. The mill irow in charge of John Grissing

Mr. ard Mrs. Charlie Wilson and family are visiting at W. D. Royer's.

Miss Beatrice Knepper spent Saturday night and Sunday with her uncle Howard Barnett.

Wanted, For Sale, For Rent, Lost, Found, Etc.

RATES-One cent per word for each insertion. No advertisement accepted for less than 15 cents. Cash must ac company order.

For Sale, -Span of horses r sing tive years old. I quire of J h Hebner, one halt mie west of Lash'ey post efficie U ion town

11 21 4

MEN WANTEL horers, Car penters Heipers, . chantes Helpers, Firemen, Trackmen, Stock Unloaders, Coke Oven Men, and other heip. Good wages and steady employment Apply to COLONIAL IRON CO., Riddles 8 23 tf burg, Pa.

FOR SALE -What is known athe S E Roher farm, Cherry Grove, 125 acres, 63 cleared, rest in timber, good 6 roomed house, bank barn, tine spring at door. Price and terms right. urther particulars is quire of the owner, E J GRAY, R I, Box 75F, Paree Springs, Pa.

PUBLIC SALE

-OF-Real Estate.

By virtue of an order of the Orphans' Court of Fulton County, the undersigned administrator of Annie M. Hershey, deceased, will sell at public sale on the premises, in New Grenada, Fulton County, Pa., on

Saturday, Dec. 28, 1918,

at 10 o'clock a. m., the following described real est te, to wit: consisting of a HOUSE AND LOT, adjoining lot of Mrs. F. G. Mills on the south, on the north by lot now or formerly o' Jehu Cunningham, on the east by public alley, and on the west of public street, containing about 6000 square feet of ground. The dw lling house is a two-story frame building, in good repair and the location is an attrac tive one in the center of the village of New Grenada, being but four miles from Robertsdale The other improvements are a sab e and other boildings

TERM -Twenty-five per cent when proper y is a balance at confirmation of sale y the court. IL'S'A F'L STAINS.

12-12-3t Administrator.

FAIR FOOD PRICES

For Fulton County for the Current Week, Approved by Food Administrator John R. Jackson.

Articles.	Retailors Pay	Consumer Pay
con,	45½c per lb.	50c per 1b
ans, Pea	12 to 13c per lb	15 to 16c per lb
ans, Lima	13 to 13 c per lb	16 to 18c per lb
ead, store wrapped 1 lb loaf	_ 74c	90
ead, store wrapped # lb=loaf.	69	8a
tter, Country	42 to 45c per lb	45 to 50c per lb
eese, Cream	36 per lb	40 to 42c per lb
rn Meal, 10 lb bag	50e	55e
rn Starch	10 to 11 per lb	13 to 14 per lb
gs	60c	62c
our, Barley, per lb	5‡c	8e
our, White Corn, per ib	6½c	8c
our, Rice, per ib	11e	14e
our, Wheat, per lb	\$10.60 per bbl	6c per lb (24+ lb \$1.40
ms,	33e per 1b	38c per 1b
rd, Country	30c per lb	32c per 1b
ts, Rolled	6 per lb	8c per lb
00,	11c per 1b	14c to 15c per lb
lmon, Pink	18e	21c
Imon, Red	25e	30e
gar, Granulated	\$9.87 to \$10.07 cwt	lle to lli lb
ckwheat Flour	7e 1b	8c lb.
sins. seedless	140	15c
miny	5ta	7e



so many trips now" You should have a Perfection Oil Heater, too. No one is sure of getting a full supply of coal this year. When you have a Perfection you can keep warm and comfortable with less coal.

any kind of kerosene, but

lamps and lanterns.

Rayo Lamps A central draught lamp that produces a soft, clear and restful light. Many beautiful designs to choose from. Safe and easy to keep clean. See your dealer.

Rayo Lanterns

Give the most light

for oil consumed. Cold and hot blast styles.

Easy to light and clean.

Stay lighted in the strongest wind. See your dealer.

Ravolioht will give you the most heat. It is known by this special name because it is a special kind of kerosene. It has unusual qualities that give unusual results. No odor, smoke, sputter or charred wicks, but an even, steady heat or a clear, mellow light-always. Use it in your

And that is what everyone should try to do.

A Perfection is safe. Of course you can use

Go to your dealer now and select your Perfection Oil Heater. They are reasonably priced -\$5.65 to \$10.00.

The Atlantic Refining Company Everywhere in Pennsylvania and Delaware







The Farmer Receives More Than Five Thousand Dollars a Minute From Swift & Company

This amount is paid to the farmer for live stock, by Swift & Company alone, during the trading hours of every business day.

All this money is paid to the farmer through the open market in competition with large and small packers, shippers, speculators and dealers.

The farmer, feeder, or shipper receives every cent of this money (\$300,000 an hour, nearly \$2,000,000 a day, \$11,500,000 a week) in cash, on the spot, as soon as the stock he has just sold is weighed up.

Some of the money paid to the farmer during a single day comes back to the company in a month from sale of products; much does not come back for sixty or ninety days or more. But the next day Swift & Company, to meet the demands made by its customers, must pay out another \$2,000,000 or so, and at the present high price levels keeps over \$250,000,000 continuously tied up in goods on the way to market and in bills owed to the company.

This gives an idea of the volume of the Swift & Company business and the requirements of financing it. Only by doing a large business can this company turn live stock into meat and by-products at the lowest possible cost, prevent waste, operate refrigerator cars, distribute to retailers in all parts of the country - and be recompensed with a profit of only a fraction of a cent a pound-a profit too small to have any noticeable effect on the price of meat or live stock.

Swift & Company, U.S.A.



NOTHING TO HIS CREDIT.

"I don't see why you find fault

with him so much. "He's a blundering fool." "That may be, but he's a young

man, and he's very ambitious." "Oh shucks. The kaiser was am

bitious."

THEN CHARGED IT.

Mrs. Willers-How did you get this lovely material for 29 cents a

Mrs. Datus--We mobilized outside the store, marched in wedge formation and surroundded the bargain counter by a flank movement.